Self-advocacy skills help you improve your life.

It is important for you to be a self-advocate so you can get what you want and need.

## Circle the places you feel you can advocate for yourself:



Write down who supports you.

## Being a Self-Advocate - Module 1 Worksheet

Circle the reasons why you want to be a self-advocate:



## Remember – You know your body best. You have the right to make decisions, or have someone help you make decisions, about your health care.

Taking Charge of My Health Care Toolkit: https://www.ohsu.edu/oregon-office-ondisability-and-health/taking-charge-my-health-care-toolkit